

DIABETES YOUNG PERSONS DIARY



As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes¹.

Young Persons Name:

Diabetes Team:

¹. Te Kaiwhakahaere Māori te Roopu mate huka— Debbie Rawiri - Te Whatu Ora, Waitaha Canterbury

CORRECTION TABLE

	1	1.5	2.0	2.5	3	4	5	6	7	8	10	12	15	20
ISF	1	0.5	0.5	-	-	-	-	-	-	-	-	-	-	-
7	1	0.5	0.5	-	-	-	-	-	-	-	-	-	-	-
8	2	1	1	0.5	0.5	0.5	-	-	-	-	-	-	-	-
9	3	2	1.5	1	1	0.5	0.5	0.5	-	-	-	-	-	-
10	4	2.5	2	1.5	1	1	0.5	0.5	0.5	0.5	-	-	-	-
11	5	3	2.5	2	1.5	1	1	0.5	0.5	0.5	0.5	-	-	-
12	6	4	3	2	2	1.5	1	1	0.5	0.5	0.5	0.5	-	-
13	7	4.5	3.5	2.5	2	1.5	1	1	1	0.5	0.5	0.5	0.5	-
14	8	5	4	3	2.5	2	1	1	1	0.5	0.5	0.5	0.5	-
15	9	6	4.5	3.5	3	2	1.5	1	1	1	0.5	0.5	0.5	-
16	10	6.5	5	4	3	2.5	1.5	1.5	1	1	0.5	0.5	0.5	0.5
17	11	7	5.5	4	3.5	2.5	2	1.5	1	1	1	0.5	0.5	0.5
18	12	8	6	4.5	4	3	2	1.5	1.5	1	1	1	0.5	0.5
19	13	8.5	6.5	5	4	3	2	2	1.5	1.5	1	1	0.5	0.5
20	14	9	7	5.5	4.5	3.5	2.5	2	2	1.5	1	1	0.5	0.5
21	15	10	7.5	6	5	3.5	3	2.5	2	1.5	1.5	1	1	0.5
22	16	10.5	8	6	5	4	3	2.5	2	2	1.5	1	1	0.5
23	17	11	8.5	6.5	5.5	4	3	2.5	2	2	1.5	1	1	0.5
24	18	12	9	7	6	4.5	3.5	3	2.5	2	1.5	1.5	1	0.5
25	19	12.5	9.5	7.5	6	4.5	3.5	3	2.5	2	1.5	1.5	1	0.5
26	20	13	10	8	6.5	5	4	3	2.5	2.5	2	1.5	1	0.5
27	21	14	10.5	8	7	5	4	3.5	3	2.5	2	1.5	1	1
28	22	14.5	11	8.5	7	5.5	4	3.5	3	2.5	2	1.5	1	1
29	23	15	11.5	9	7.5	5.5	4.5	3.5	3	2.5	2	1.5	1.5	1
30+	24	16	12	9.5	8	6	4.5	4	3	3	2	2	1.5	1

CARBOHYDRATE RATIO TABLE

Ratio	3	4	5	6	7	8	9	10	11	12	15	18	20	25	30
Carbs ↓															
5	1	1	1	1	0.5	0.5	0.5	0.5	-	-	-	-	-	-	-
10	3	2	2	1.5	1	1	1	1	0.5	0.5	0.5	0.5	0.5	-	-
15	5	3	3	2	2	1.5	1.5	1.5	1	1	1	1	0.5	0.5	0.5
20	6	5	4	3	2.5	2.5	2	2	1.5	1.5	1	1	1	0.5	0.5
25	8	6	5	4	3	3	2.5	2.5	2	2	1.5	1	1	1	0.5
30	10	7	6	5	4	3.5	3	3	2.5	2.5	2	1.5	1.5	1	1
35	11	8	7	6	5	4	3.5	3.5	3	3	2	2	1.5	1	1
40	13	10	8	6.5	5.5	5	4	4	3.5	3	2.5	2	2	1.5	1
45	15	11	9	7	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1.5
50	16	12	10	8	7	6	5.5	5	4.5	4	3	2.5	2.5	2	1.5
55	18	14	11	9	7.5	6.5	6	5.5	5	4.5	3.5	3	2.5	2	1.5
60	20	15	12	10	8.5	7.5	6.5	6	5	5	4	3	3	2	2
65	21	16	13	11	9	8	7	6.5	5.5	5	4	3.5	3	2.5	2
70	23	17	14	11.5	10	8.5	7.5	7	6	5.5	4.5	3.5	3.5	2.5	2
75	25	18	15	12	10.5	9	8	7.5	6.5	6	5	4	3.5	3	2.5
80	26	20	16	13	11	10	8.5	8	7	6.5	5	4	4	3	2.5

PERSONAL DETAILS	
Name:	
Contact number:	
If you need advice 08.00am - 4.00pm	
Diabetes Team	
If you need advice 04.00pm - 8.00am	
After Hours Medical Centres:	

Target Glucose Level (GL)	
Aim to Keep your GL between 4-8mmol/l	
When to check?	
Check your GL before meals and 2–3 hours after meals.	
If you're sick, stressed (e.g. exams) or have a change in routine (e.g. exercise or holiday) check more frequently	
HYPOGLYCAEMIA (HYPOS/LOWS)	
How to work out your hypo treatment:	
Your weight (in kg)	x 0.3 =
<i>e.g. If you weigh 25kg: 25 x 0.3 = 7.5</i>	
<i>Therefore 1 hypo treatment would be 7.5g glucose</i>	
My hypo treatment =	
Glucose treatments	Amount of Glucose (grams)
Dextro Energy tablets	One Dextro Tablet = 3g
Gluco Tabs	One Gluco Tab = 4g
Twist Juice Box	Orange = 13g Blackcurrant = 17.7g
Just juice splash	Tropical = 6.4g Orange & Mango = 6.3g
Standard Mentos	One Mentos = 3g
Mini - Mentos	One Mini-Mentos = 2g

CALCULATING INSULIN DOSE FOR CARBOHYDRATE EATEN

An Insulin to Carbohydrate Ratio (ICR) is how many units of insulin are required for every gram of carbohydrate.

Formula for Calculation

$$\text{Carbohydrate Insulin Dose} = \text{Total Carbohydrates in meal} \div \text{ICR}$$

Example:

- You have calculated 60 grams of carbohydrate in your meal
- Your ICR is 1u: 10g (1 unit for every 10 grams carbohydrate)
- Insulin Dose = 60 grams (Total carbohydrates in meal) \div 10 (ICR)
- Insulin Dose = 6 units

CALCULATING CORRECTION INSULIN DOSE

Correction Insulin Doses are used if your glucose levels are outside of target range before a meal.

An Insulin Sensitivity Factor (ISF) helps to work out how much rapid-acting insulin is needed to bring your glucose level down to target.

Your ISF will be given to you by your diabetes team.

Formula for Calculation

$$\text{Correction Insulin Dose} = (\text{Glucose Level} - \text{Target Level}) \div \text{ISF}$$

Example:

- Your glucose level is 13 mmol/L
- Your target level is 6.0 mmol/L
- Your ISF is 5 (1 unit of insulin lowers glucose levels by 5 mmol/l)
- Correction Dose = (13 (Glucose Level) - 6.0 (Target Level)) \div 5 (ISF)
- Correction Dose = 1.4 units (round down to 1 unit)
- Need 1 unit of extra rapid acting insulin to lower glucose level into target range.

Total Insulin Required Before Meals

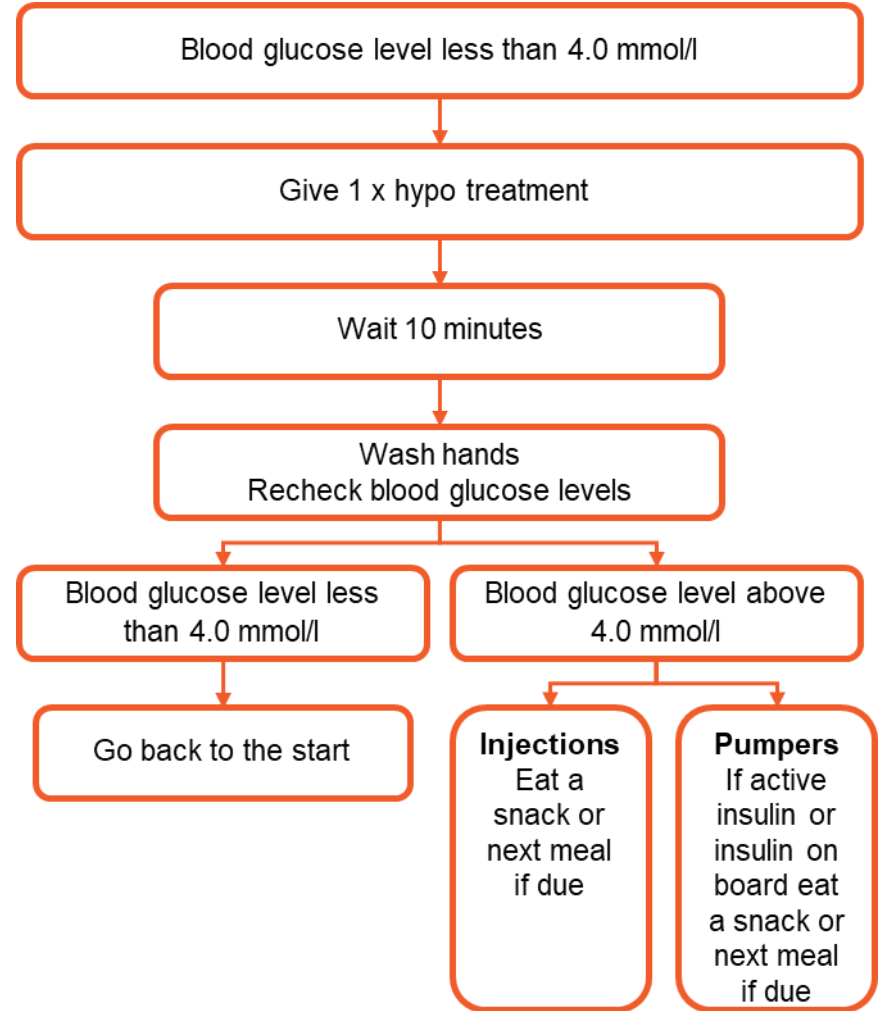
Carbohydrate Insulin Dose + Correction Insulin Dose

Using the above examples:

$$6 \text{ units (food insulin)} + 1 \text{ unit (correction insulin)} = 7 \text{ units total}$$

Date	Insulin							Glucose Levels							
	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N	
	BF	MT	L	AT	D	S									
Mon															
Tues															
Wed															
Thur															
Fri															
Sat															
Sun															
Carb Ratio	BF:	L:						D:	ISF:						

HYPO FLOWCHART



		Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given							BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S								
Mon															
Tues															
Wed															
Thur															
Fri															
Sat															
Sun															
Carb Ratio	BF:	L:			D:			ISF:							

		Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given							BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S								
Mon															
Tues															
Wed															
Thur															
Fri															
Sat															
Sun															
Carb Ratio	BF:	L:			D:			ISF:							

	Insulin							Glucose Levels							
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N	
		BF	MT	L	AT	D	S								
Mon															
Tues															
Wed															
Thur															
Fri															
Sat															
Sun															
Carb Ratio	BF:	L:					D:		ISF:						

	Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S							
Mon														
Tues														
Wed														
Thur														
Fri														
Sat														
Sun														
Carb Ratio	BF:	L:					D:		ISF:					

	Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S							
Mon														
Tues														
Wed														
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Fri														
Sat														
Sun														
Carb Ratio	BF:	L:					D:		ISF:					

	Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S							
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Sat														
Sun														
Carb Ratio	BF:	L:					D:		ISF:					

	Insulin							Glucose Levels							
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N	
		BF	MT	L	AT	D	S								
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Sat															
Sun															
Carb Ratio	BF:	L:					D:		ISF:						

	Insulin							Glucose Levels							
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N	
		BF	MT	L	AT	D	S								
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Sun															
Carb Ratio	BF:	L:					D:		ISF:						

		Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given							BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S								
Mon															
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Sun															
Carb Ratio	BF:	L:						D:	ISF:						

		Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given							BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S								
Mon															
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Sun															
Carb Ratio	BF:	L:						D:	ISF:						

	Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S							
Mon														
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Sat														
Sun														
Carb Ratio	BF:	L:					D:	ISF:						

	Insulin							Glucose Levels						
Date	Basal Units	Food + Correction Units Given						BF	M-TEA	L	A-TEA	D	Bed	O'N
		BF	MT	L	AT	D	S							
Mon														
Tues														
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Thur														
Fri														
Sat														
Sun														
Carb Ratio	BF:	L:					D:	ISF:						